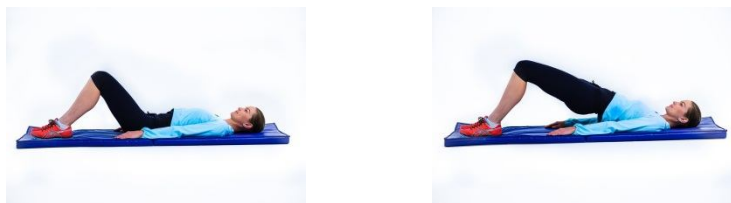


Leg Strengthening Exercises

Safety notice: When starting any new exercise always ease into the stretch gently to find your comfort limit. Some mild “stretching strain” may be experienced, but if significant pain is felt then ease off and try a more gentle version of the exercise. If pain restricts you from doing these stretches at all then consult a health professional for alternative options.

1. Bridging



This exercise helps strengthen your core stabilising muscles around your abdomen, back and buttocks. Lie down on your back with your knees bent and feet flat on the floor. Place your arms comfortably by your side. Engage your buttock muscles and slowly lift the buttocks off the ground to a height where the hips are as close to straight as your strength and flexibility allows. Hold this “bridging” position for a count of three before slowly lowering the buttocks again. Repeat these 20 times, which should take around 90 seconds. You should feel this exercise working muscles in the buttocks, back and abdomen.

2. VMO strengthening



This exercise strengthens the VMO muscle (inside thigh). Sit with a pillow/towel between your knees. Maintain a pressure on this while slowly straightening your right leg as far as comfortable. Return slowly to the starting position and then repeat for the left side. Repeat 10 times each way.

3. Knee mini squats



This exercise warms up and strengthens the thigh muscles and buttocks. Stand upright with your feet slightly apart and your toes angled outwards. Place your hands on your hips. Slowly bend the knees keeping your weight evenly distributed. Pause momentarily at the bottom of the range (where the front of the knee is level with the toes). Slowly return to the starting position. Repeat 20 times.